CardioMax™ 705eL

Owner's Manual

Cardiomax 705el ELLIPTICAL

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Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

2. This unit has a user maximum capacity of **250** pounds.

3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Keys Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.

4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.

5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.

6. Always examine your unit before using to ensure all parts are in working order.

7. Allow the unit to fully stop before dismounting.

8. Pets should never be allowed near the unit.

9. Do not leave children unsupervised near or on the unit.

10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.

11. Never insert any object or body parts into any opening.

12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.

13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.

14. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing the **Cardiomax 705el Elliptical!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

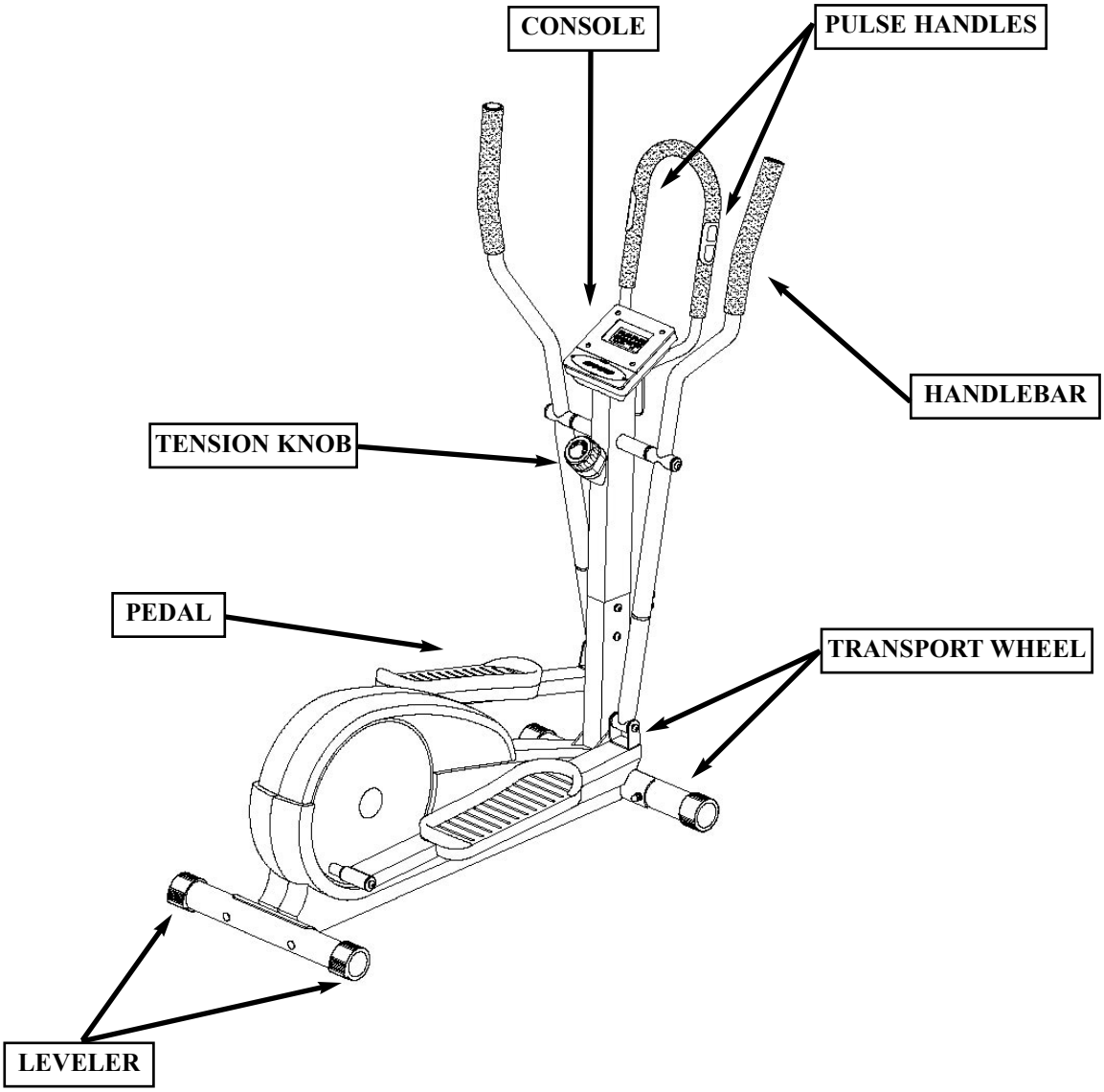
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

Locate the hardware pack and identify the following parts required for assembly.

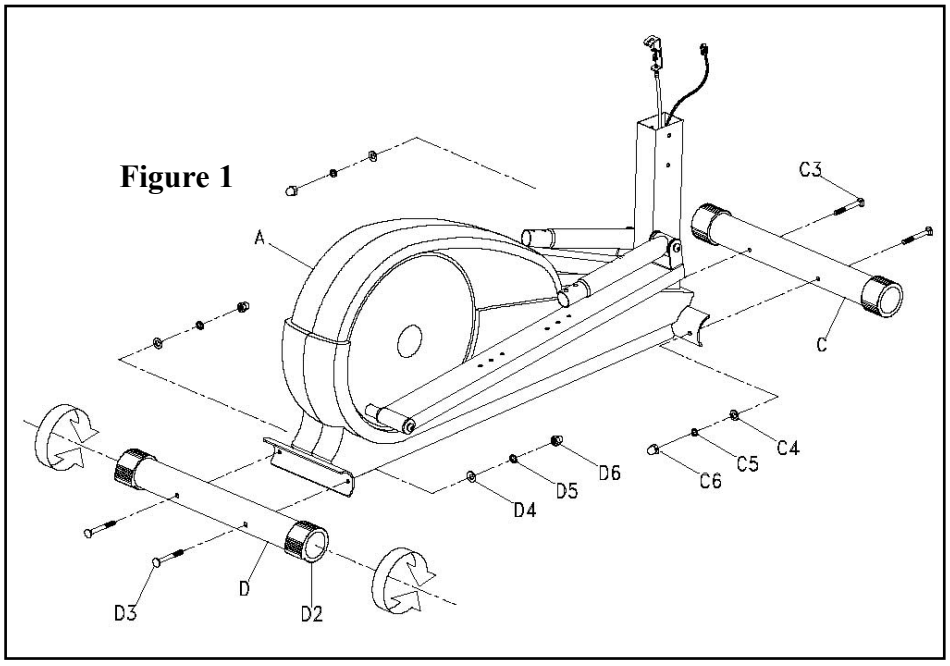
Tools:
1. Allen Wrench
2. Phillips Screw Driver
3. Wrench

Main Components:
1. Owner's Manual
2. Main Frame
3. Handlebars Left and Right
4. Support Tube w/ Upper Sensor Wire
5. Small Handlebars w/ Pulse Wires
6. Rear Foot Tube
7. Front Foot Tube
8. Axle w/ Hardware attached
9. Pedals Left and Right
10. Console

Hardware:
1. Screw M6*45mm (L1) - Qty. 4
2. Nut M6 (L2) - Qty. 2
3. Spring Washer M6 (L3) - Qty. 6
4. Washer M6 (L4) - Qty. 6
5. Clip (L5) - Qty. 1
6. Screw M8*15mm (L6) - Qty. 2
7. Star Knob Nut (L7) - Qty. 4
8. Spring Washer M8 (L8) - Qty. 2
9. Washer M8 (L9) - Qty 2j

FIGURE 1
Step 1:
Attach the Front Foot (C) to the Base Frame (A) by using two Carriage Bolts M8*70mm (C3), two Washers M8 (C4), two Spring Washers M8 (C5), and two Cap Nuts M8 (C6).

Step 2:
Attach the Rear Foot (D) to the Base Frame (A) by using two Carriage Bolts M8*70mm (D3), two Washers M8 (D4), two Spring Washers M8 (D5), and two Cap Nuts M8 (D6).



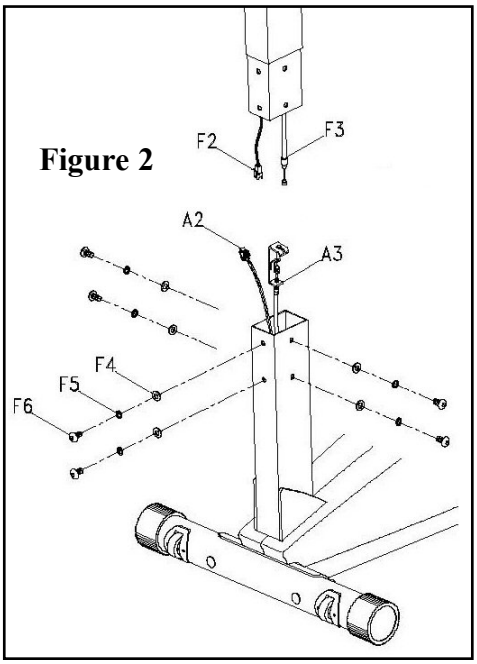
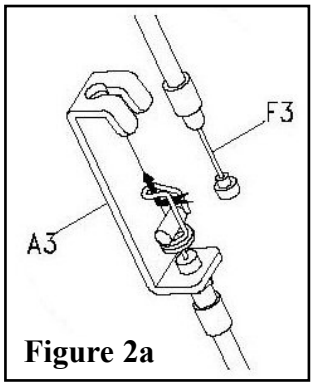


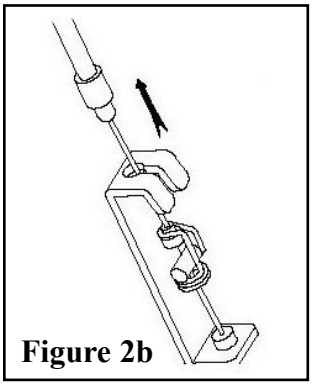
FIGURE 2
Step 1:
Connect the Lower Sensor Wire (A2) to the Upper Sensor Wire (F2).

Step 2:
Fit the Tension Control Cable (F3) into the slot of the Tension Cable Bracket (A3). *(Figure 2a)*

Step 3:
Pull the brass end of the Tension Control Cable (F3) over the lip of them Tension Cable Bracket (A3). *(Figure 2b)* The connection should look like *Figure 2c* when completed.

Step 4:
Slide the Support Tube (F) into the Base Frame (A) and secure in place using six Screws M8*15mm (F6), six Spring Washers M8 (F5), and six Washers M8 (F4).





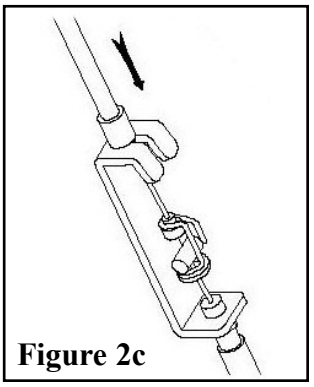


FIGURE 3
Step 1:
Attach the Small Handlebar (E) and the Clamp (L5) to the Support Tube (F) and secure in place using two Washers M6 (L4), two Spring Washers M6 (L3), and two Nuts M6 (L2). *(Figure 3a)*

Step 2:
Slide the Pulse Wire (E5) through the hole at the top of the Support Tube (F). *(Figure 3b)*

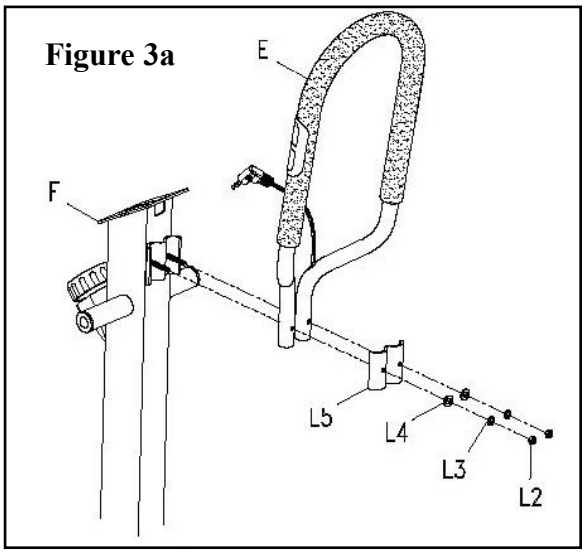


Figure 3a

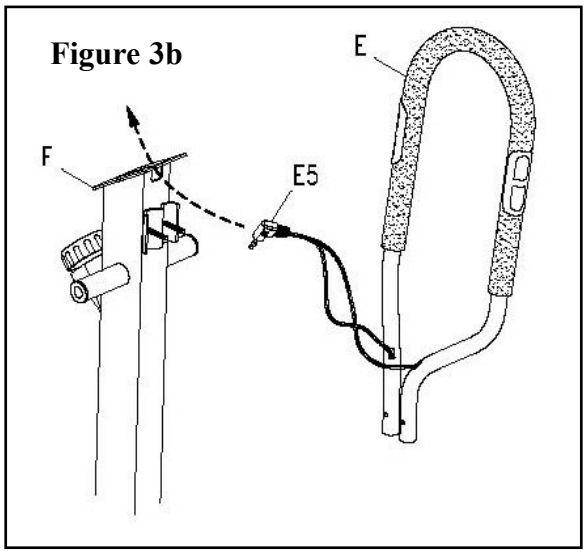


Figure 3b

FIGURE 4
Step 1:
Connect the Upper Sensor Wire (F2) and Pulse Wire (E5) to the wires coming from the Console (G). *(Figure 4a)*

Step 2:
Secure the Console (G) to the top of the Support Tube (F) by sliding it in a downward direction as shown in *Figure 4b*.

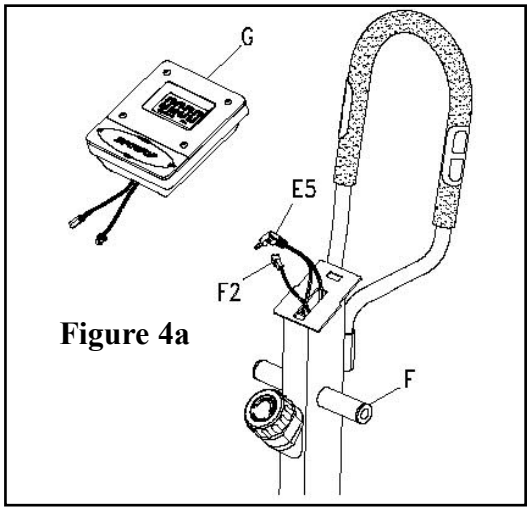


Figure 4a

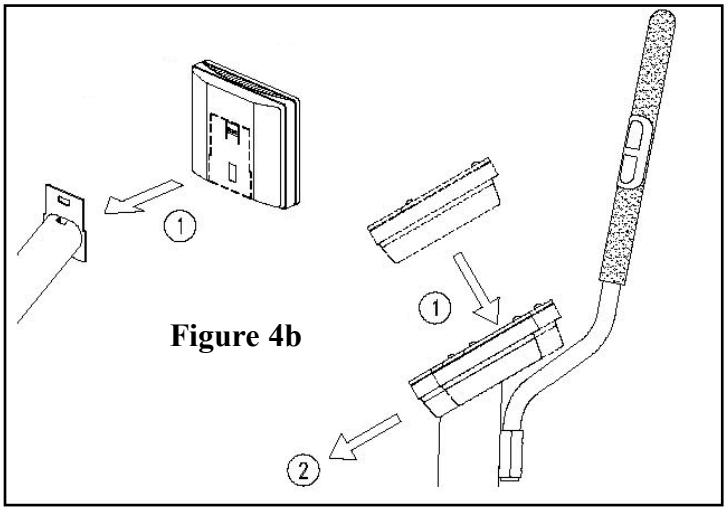


Figure 4b

FIGURE 5

Step 1:

Remove the hardware from the Axle Tube (H1).

Step 2:

Push the Axle Tube (H1) through the Support Tube (F2) as shown in *Figure 5a*.

Step 3:

Push the Left and Right Handlebars (B2 & B1) onto each side of the Axle Tube (H1).

Note: *The handles must be positioned so that the upper ends are bent outward.*

Step 4:

Secure the assembly in place using 2 Washers M8 (H2), two Spring Washers M8, and two Allen Bolts M8*15mm.

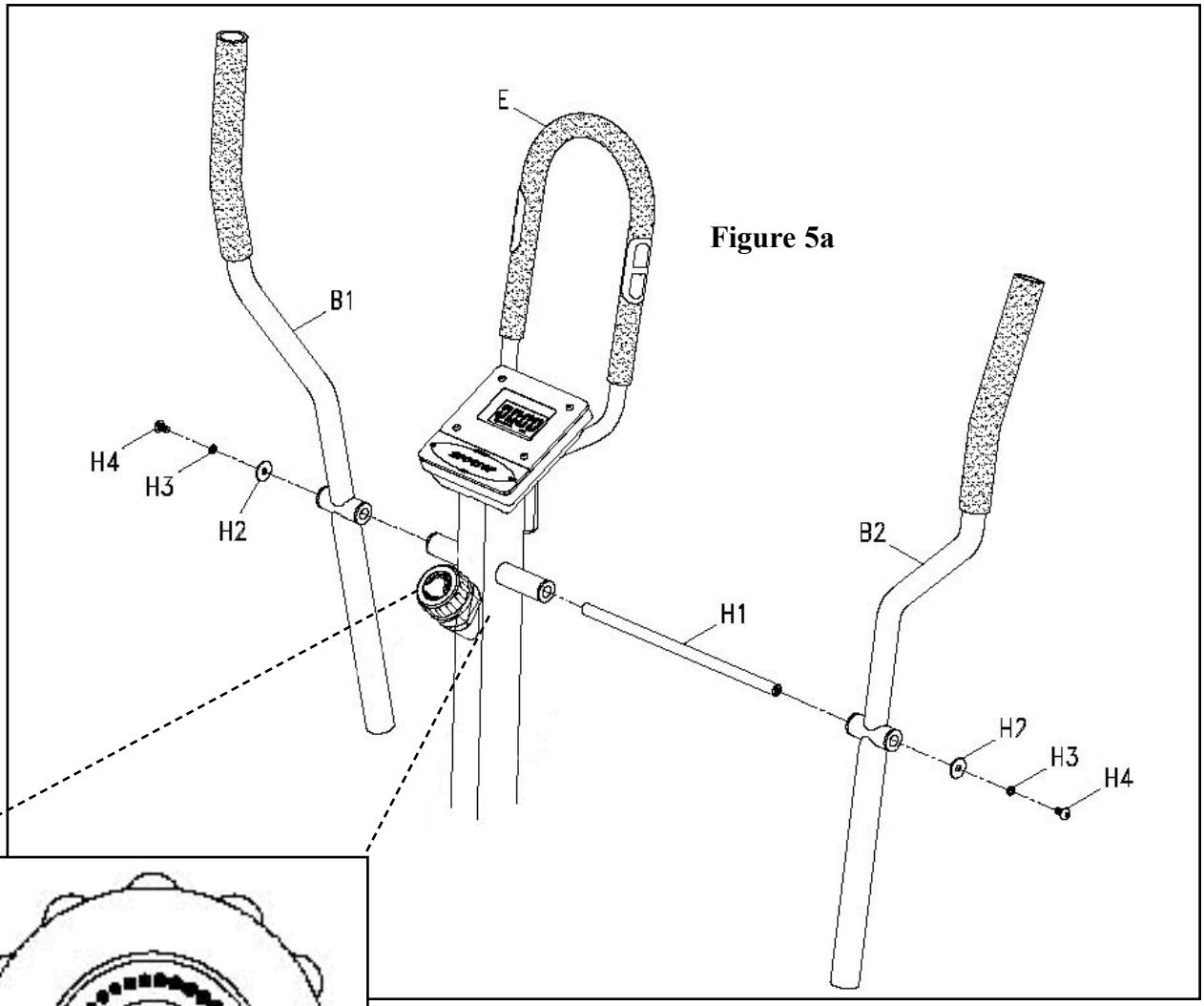


Figure 5a

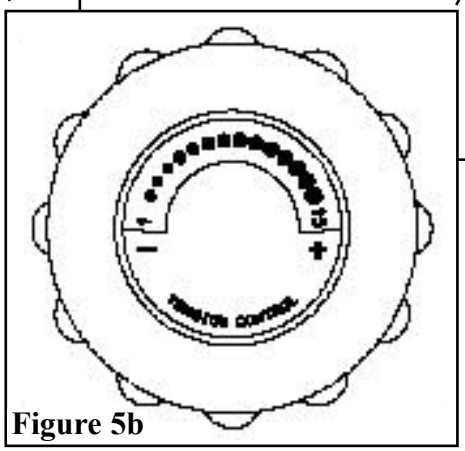


Figure 5b

You can adjust the resistance by turning the Tension Knob (F3).

- Less Tension + More Tension

FIGURE 6
Step 1:
Lift up the Connection Tube (A9) and slide it into the Handlebar (B2). Secure the Connection Tube (A9) in place using two Washers M8 (L9), two Spring Washers M8 (L8), and two Screws M8*15mm (L6).
Repeat Step 1 for the Left Handlebar (B1).

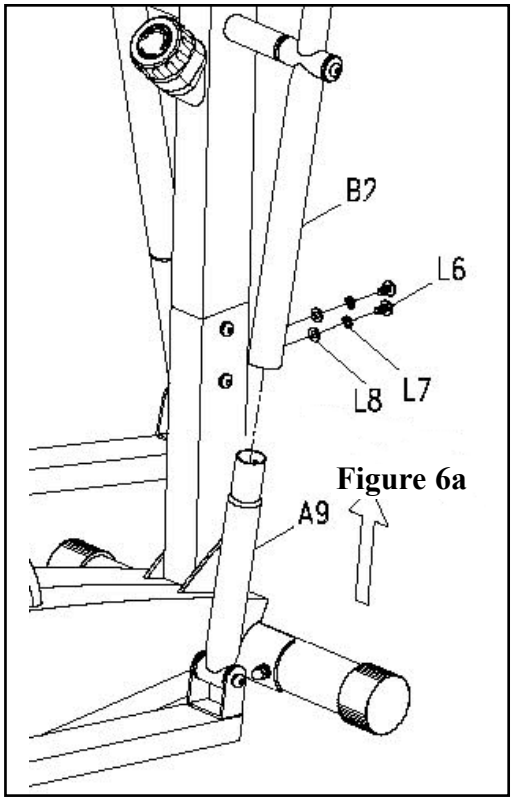


Figure 6a

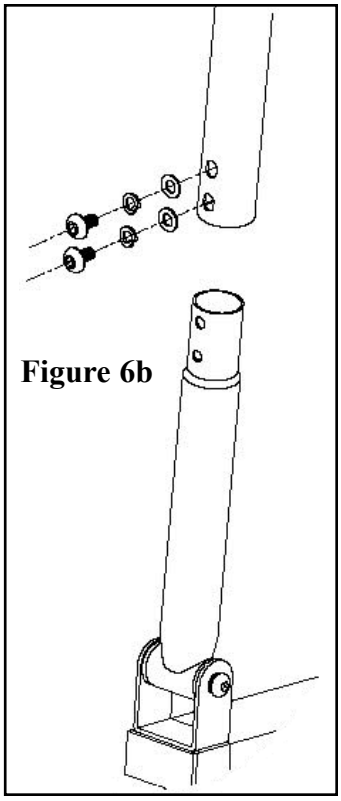


Figure 6b

FIGURE 7
Step 1:
Install the Foot Rest (K2) onto the Right Foot Rest Support (A8) and secure in place using two Screws M6*45mm (L1), two Washers M6 (L4), two Spring Washers M6 (L3), and two Star Knob Nuts (L7).
Note: There are 3 adjustable positions to place the Foot Rest (K2).
Repeat Step 1 to complete the left side.

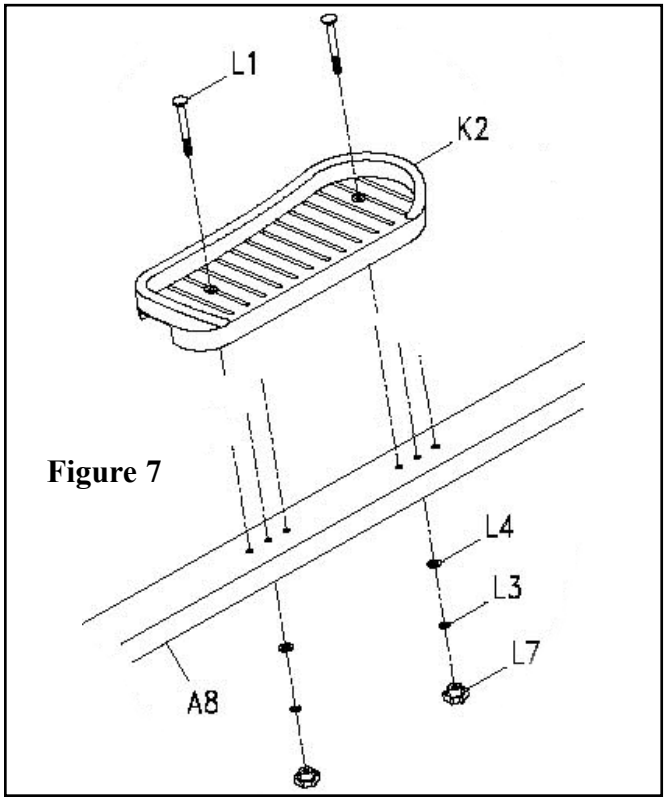
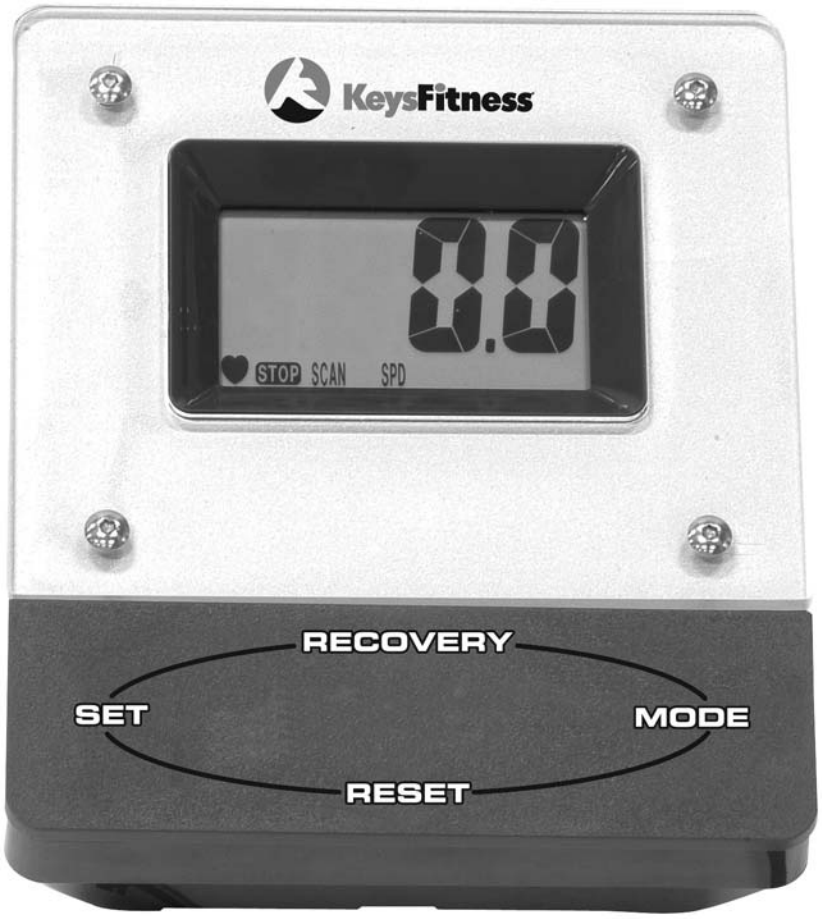


Figure 7

Congratulations!

You have completed the assembly of your new Cardiomax 705el Elliptical!

Console Overview



CONSOLE BUTTONS:

MODE:
Press to display each function the on the console screen.
SET:
Press to set the value of each function. TIME, DISTANCE, and/or CALORIES
Note: The SET button only works when the console is in STOP MODE.
RESET:
Press to reset the values of TIME, DISTANCE, and CALORIES.
RECOVERY:
Press to have the HEART RATE RECOVERY STATUS display on the console screen after a period of exercising.

GENERAL INFORMATION:

1. The console will shut off after it detects 4 minutes no activity.
2. The console will beep when you reach one of your preset targets. PRESS "MODE" BUTTON AND
3. Battery Specifications: Two 1.5V AA Batteries

Console Instructions

FUNCTIONS:

SCAN:
Automatically switches through each function in sequence so that you can monitor your progress without pressing the MODE button each time.

SPEED:
Displays the current exercise speed on the console screen.

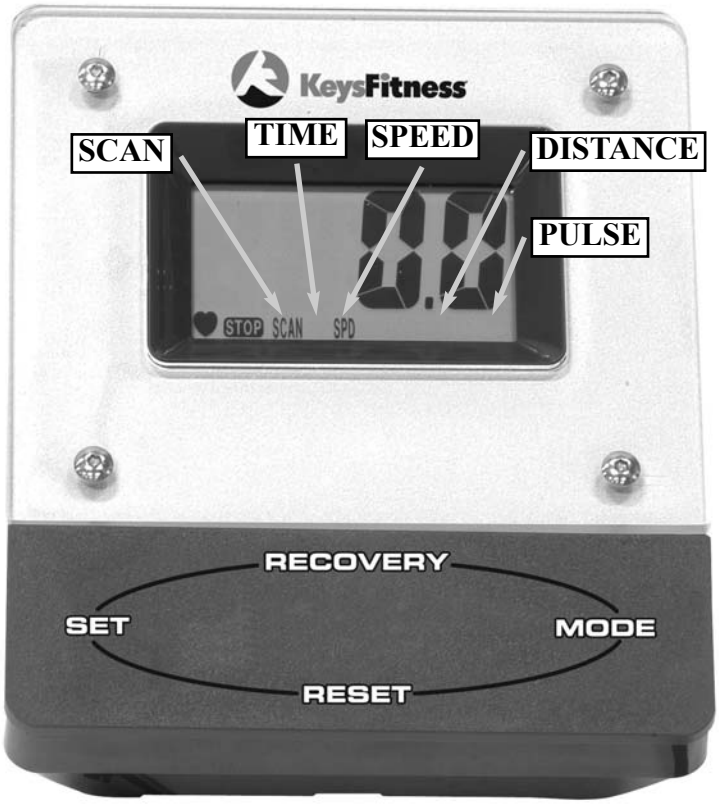
TIME:
This will count up from 00:00 up to 99:50 if you do not enter a preset time.
If you do enter a preset time the console will count down from the time you set to 0:00.

DISTANCE:
This will count the accumulated distance during a workout.
If you enter a preset target the console will count from that distance set down to zero.

CALORIE:
This will count the accumulated calorie consumption during a workout.
If you enter a preset target the console will count from the amount set down to zero.
Note: This data is an estimate only and should be used as a comparison over several exercise sessions.

PULSE:
This will display your current heart rate within 5 seconds of holding the handgrip.
Note: For a more accurate reading, hold the handgrip with both hands.

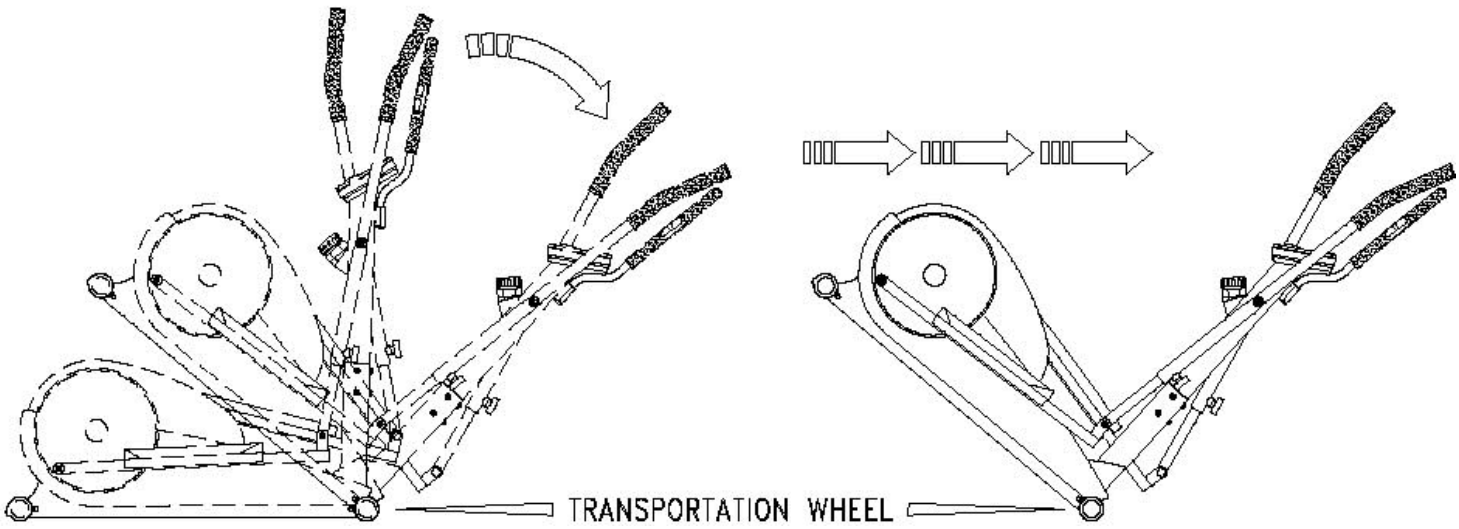
RECOVERY:
To monitor your improvement after each exercise the console is equipped with a special function known as RECOVERY. Before ending an exercise press the RECOVERY button. The console will stop all function displays except TIME, which will count down from 00:60 to 00:00. Once the time reaches 00:00 the console will show a Recovery Status with a grade of F1 to F6, F1 being the best and F6 being the worst. Press the RECOVERY button again to return to the main display.



Moving Instructions

CAUTION! TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

Stand at the front of the unit and using the small handlebar, carefully tilt the machine until the weight is transferred to the transport wheels. Using extreme caution, move the unit to the desired location. To set the unit down, carefully lower unit onto rear foot tube assembly in a resting position. Do not attempt to move the unit over an uneven or rough surface.



Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See ***Fitness Safety*** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.
According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

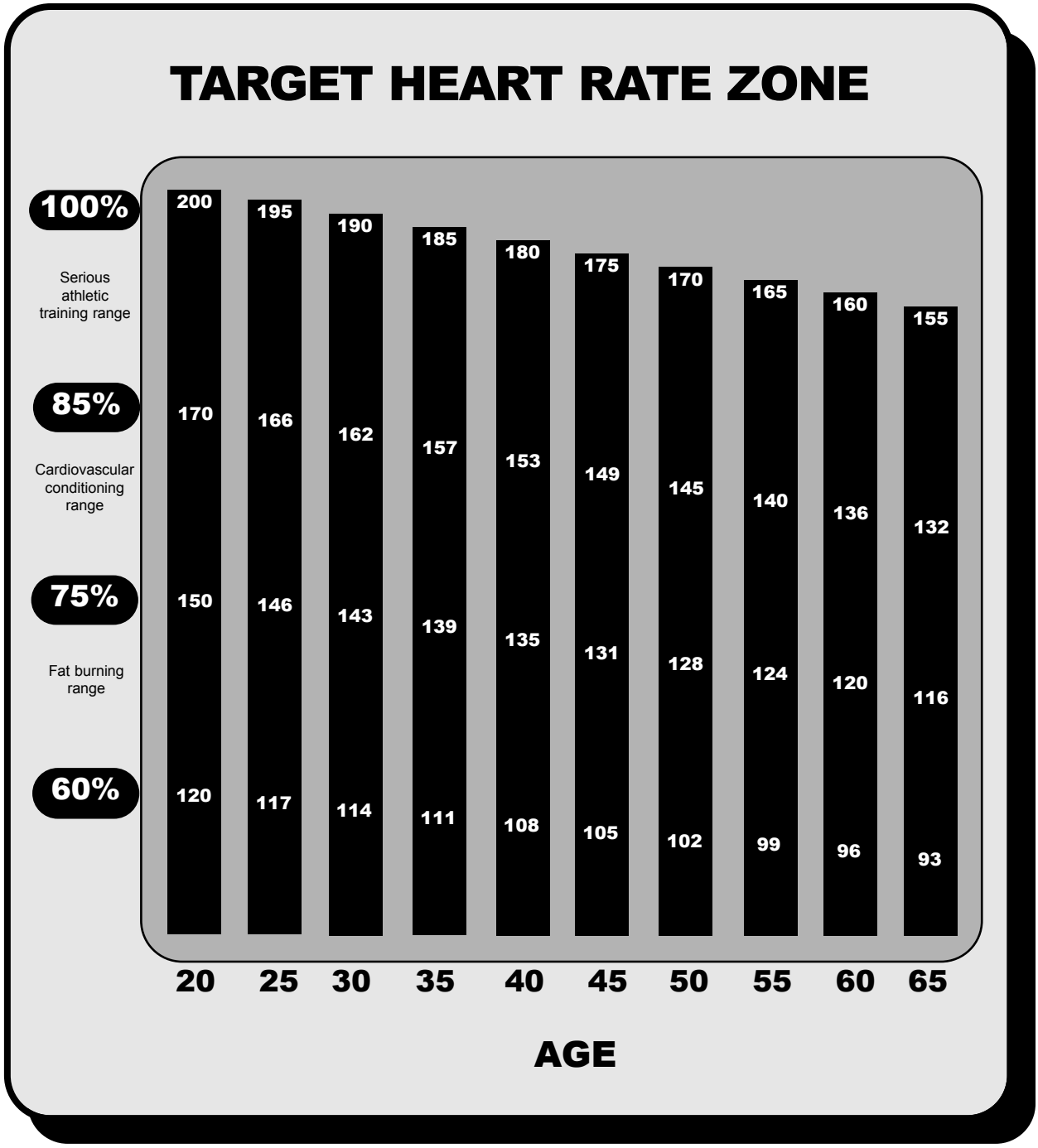
Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate
(THR) = Target Heart Rate

220 - age = maximum heart rate (MHZ)
MHZ x .60 = 60% of your maximum heart rate.
MHZ x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:
220 - 30 = 190
190 x .60 = 114 (low end or 60% of MHZ)
190 x .75 = 142 (high end or 75% of MHZ)
30 year-old (THR) Target Heart Rate would be 114-142
See Heart Rate Table **(on page 14)** for additional calculations.


TARGET HEART RATE ZONE
100%
Serious athletic training range
85%
Cardiovascular conditioning range
75%
Fat burning range
60%
200 195 190 185 180 175 170 165 160 155
170 166 162 157 153 149 145 140 136 132
150 146 143 139 135 131 128 124 120 116
120 117 114 111 108 105 102 99 96 93
20 25 30 35 40 45 50 55 60 65
AGE

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

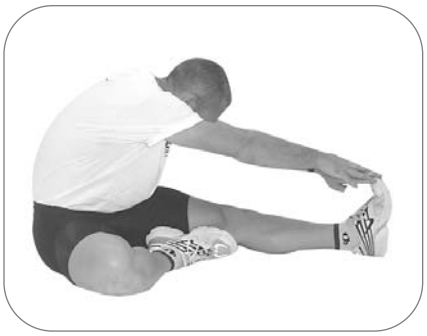
Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

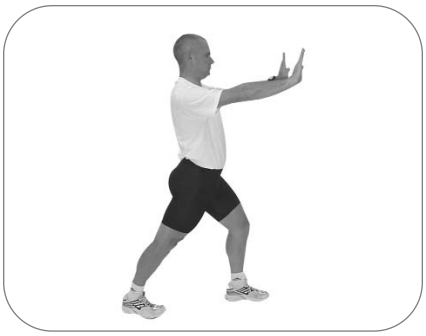
HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



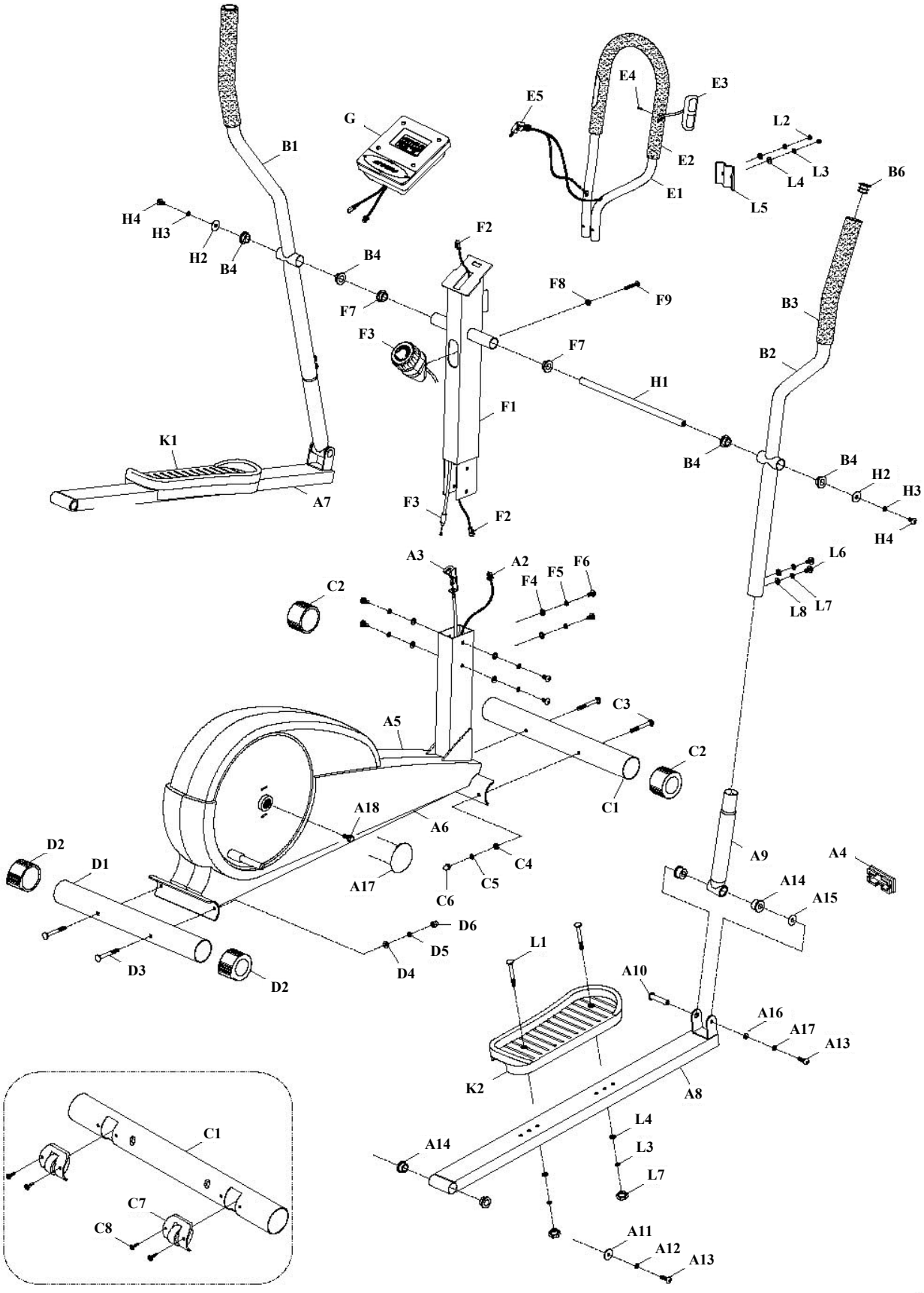
QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

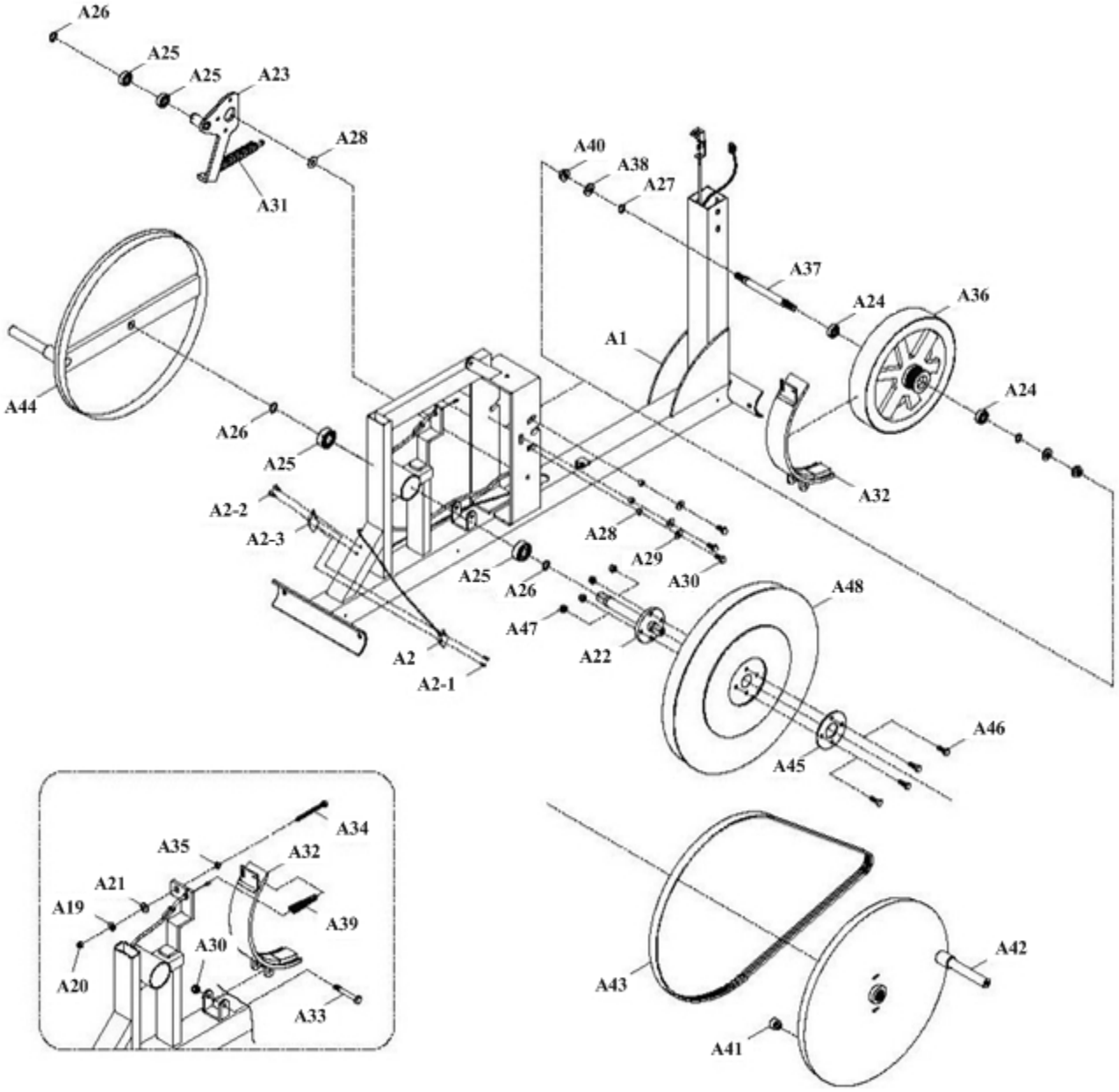
INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Exploded View



Exploded View



Cardiomax 705el Elliptical

REF#	DESCRIPTION	QTY.	REF#	DESCRIPTION	QTY.
A1	BASE FRAME	1	B1	HANDLE BAR(L)	1
A2	SENSOR WIRE	1	B2	HANDLE BAR(R)	1
A2-1	TAPPING SCREW	2	B3	HANDLEBAR FOAM GRIPS	2
A2-2	TAPPING SCREW	2	B4	PLUG AXLE SUPPORT	4
A2-3	FIXING PLATE	1	B5	PLASTIC INSERT	2
A3	TENSION CONNECTOR	1	B6	HANDLE BAR END CAP	2
A4	END CAP	2	C1	FRONT FOOT	1
A5	CHAIN COVER(L)	1	C2	FRONT FOOT COVER	2
A6	CHAIN COVER(R)	1	C3	CARRIAGE BOLT M8*70mm	2
A7	FOOTREST SUPPORT(L)	1	C4	WASHER M8	2
A8	FOOTREST SUPPORT(R)	1	C5	SPRING WASHER M8	2
A9	CONNECTING TUBE	2	C6	CAP NUT M8	2
A10	PEDAL TUBE WELDMENT SHAFT	2	C7	TRANSPORT ROLLER UNIT	2
A11	WASHER	2	C8	SCREW M8*16mm	4
A12	SPRING WASHER M8	4	D1	REAR FOOT	1
A13	ALLEN HEAD BOLT M8*20mm	4	D2	REAR FOOT COVER	2
A14	BUSHING	8	D3	CARRIAGE BOLT M8*70mm	2
A15	WAVE SPRING	2	D4	WASHER M8	2
A16	WAHER M8	2	D5	SPRING WASHR M8	2
A17	TURNING PLATE COVER	2	D6	CAP NUT M8	2
A18	SCREW	2	E1	SMALL HANDLE BAR	1
A19	FLAT WASHER	1	E2	HANDLEBAR FOAM GRIPS	1
A20	NUT	1	E3	PULSE WIRE	2
A21	WASHER	1	E4	SCREW M8*16mm	2
A22	WHEEL AXLE	1	E5	PULSE WIRE	1
A23	CRANK	1	F1	SUPPORT TUBE	1
A24	BEARING	2	F2	CONSOLE CABLE	1
A25	BEARING	4	F3	TENSION CONTROL	1
A26	CLIP	3	F4	WASHER	3
A27	CLIP	1	F5	SPRING WASHER M8	3
A28	BUSHING	2	F6	SCREW M8*15mm	3
A29	FLAT WASHER	3	F7	BUSHING	2
A30	SCREW	2	F8	WAHSER	1
A31	SPRING	1	F9	SCREW	1
A32	HOUSING FOR MAGNET	1	G	CONSOLE	1
A33	SCREW	1	H1	AXLE SUPPORT	1
A34	SCREW	1	H2	WASHER M8*28mm	2
A35	BOLT	1	H3	SPRING WASHR M8	2
A36	FLY WHEEL	1	H4	ALLEN HEAD BOLT M8*15mm	2
A37	WHEEL AXLE	1	K1	FOOT REST(L)	1
A38	FLAT WASHER	2	K2	FOOT REST(R)	1
A39	SPRING	1	L1	SCREW M6*45mm	4
A40	BOLT	6	L2	NUT M6	2
A41	MAGNET	1	L3	SPRING WASHER M6	6
A42	TURNING PLATE	1	L4	WASHER M6*12mm	6
A43	DRIVING BELT	1	L5	SMALL HANDLE BAR BRACKET	1
A44	TURNING PLATE	1	L6	SCREW M8*15mm	2
A45	ROUNG PLATE	1	L7	STAR KNOB NUT	4
A46	SCREW	1	L8	SPRING WAHSER M8	2
A47	BOLT	4	L9	WASHER M8	2
A48	DIVING PULLEY	1			

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: **CARDIOMAX 705 ELLIPTICAL**
HOME USE WARRANTY: **Frame: Lifetime, Parts: 2 Years**

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

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PLEASE SEND IN THE WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Customer Service
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